



VA Health Care
Upstate New York

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Canandaigua VA Medical Center

400 Fort Hill Avenue
Canandaigua, NY 14424

Visit Us At www.visn2.va.gov

NEWS RELEASE

FOR IMMEDIATE RELEASE

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CANANDAIGUA VA CELEBRATES EARTH DAY 2012 ***Occupational Therapy Department to host "Green Living Wall" Display***

On April 20, the Occupational Therapy Department of the Canandaigua VA Medical Center will host an Earth Day Celebration event. On display from 11:00 a.m. – 1 p.m. in Building 9 Room 5 will be the Green Living Wall "Roots Within Our Veterans". The public is invited to attend this display.

Occupational Therapy provides Veterans opportunities to practice roles, habits and skills in a safe environment in order to improve their occupational performance during a meaningful activity. The Green Living Wall is a sustainable modular green unit that provides 12 square foot of growing space. It sustains 72 plants on a vertical mobile frame. It allows Veterans to practice work skills and use leisure activity to:

- Improve strength, endurance and stamina
- Increase hand-eye coordination
- Encourage social interaction
- Improve coping skills and motivation
- Help build good work habits and attitudes
- Reduce anxiety, stress and tension
- Stimulate senses through observing, sensing, touching and smelling plants
- Improve concentration and ability to focus on task
- Improve problem-solving and planning skills
- Exercise memory and promote positive thinking

For more information regarding this program, please contact Michele J. Ford at 585-393-7840 or E-mail at Michele.Ford3@va.gov.

Check the Canandaigua VA Medical Center News Room @ <http://www.canandaigua.va.gov/newsroom/canewsroom.asp> for more upcoming events.

Visit the Canandaigua VA Facebook Page @ <http://www.facebook.com/VACanandaigua>

The Canandaigua VA Medical Center is located at 400 Fort Hill Avenue Canandaigua, NY.